TAYLOR SWIFT DUMPED
SINGER RINGS IN THE NEW YEAR ALONE {page 11}

DIVA
PALTROW TURNS TO MASTERS SCENE {page 10}

CALGARY metro®
Thursday, January 6, 2011
www.metronews.ca
News worth sharing.

Council tries to gauge public's taste for fluoride

Ald. Druh Farrell will bring a motion asking Alberta Environment to review city's water licence ◆ Mayor Nenshi says it would be a 'mistake' not to engage public

KATIE TURNER
CALGARY@METRONEWS.CA

While many aldermen are in favour of a motion to remove fluoride from Calgary's water, some believe public consultation is needed before a decision can be made.

If approved by council, the motion would request that the province remove fluoride from the water. The province is required to hold a public hearing in order to change the water licence, but, Ald. Druh Farrell said, it's unclear how that process would go.

"It would have to be worked out," she said. "I would hope that it would be in Calgary."

Ald. Gael MacLeod said she won't vote to approve the motion without consulting Calgarians first.

"I think the interest expressed around this issue has been significant, so the public is clearly concerned," said MacLeod, adding council should consider holding a public hearing or even issuing a plebiscite.

Fluoride facts

- Fluoride was first introduced to Calgary's water system in 1989.
- According to Alberta Health Services, fluoride is found naturally in water as well as in soil and some foods.
- Community water fluoridation began in 1945 and is believed to contribute to dental health, according to the AHS website.

Ald. Brian Pincott and Ald. Ray Jones, two members of council who have signed their names to the motion, said a plebiscite is unnecessary.

"Every time we do a question on a plebiscite, the plebiscite costs us between $150,000 to $200,000, from what I understand," said Jones.

Pincott added, "We've had six plebiscites on this already. Four times in a row Calgarians said no."

What's your take on the issue? Tell us on Twitter. @metrocalgary

Canada. Stunned

▶ Erik Gudbranson, left, and Brayden Schenn of Canada show their emotions after losing 5-3 to Russia in the gold-medal game at the world junior championship. Story, page 16.

PAUL STEWART/GETTY IMAGES

Juniors collapse in final

Chasing a share of pot proceeds

B.C. growers' problem isn't police — it's the tax man {page 6}

Back to bohemia

Fashion set to turn away from futurism in 2011 {page 13}

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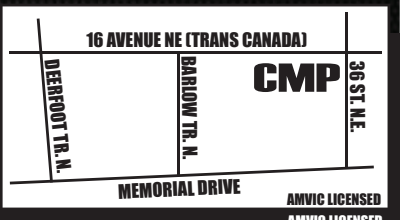

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AMVIC LICENSED
AMVIC LICENSED

Study looks for brain, exercise link

Volunteers willing to jump on a treadmill in the name of science are being recruited for a new study at the University of Calgary.

"The prediction is that exercise will play a beneficial role in improving blood flow in the brain and cognitive capability," said researcher Mark Poulin.

Calgarian Georgie Leach, 74, has already signed on. Her younger sister's diagnosis with Alzheimer's motivated her. "Over a short period of time, she deteriorated to something you don't want to see," Leach said.

"If increased blood flow to the brain will increase brain function then exercise is what is needed," she added.

Poulin won't speculate as to the outcome of research, but said, "It is possible that a change in blood flow will help prevent or delay dementia but those studies still need to be done. This is the just the first step."

Poulin is looking for 250 Calgarians aged 55 to 75. Being active is not a requirement to partake in the study.

Participants will undergo cognitive tests before and after being put on a six-month exercise program consisting of walking or jogging three times a week.

CAROLINA NOVOTNY

CAROLINA NOVOTNY/FOR METRO

▶ Friends Pat Graham, left, Georgie Leach and Andrea Lazaruk have all signed on for workouts starting Jan. 30 as part of a research project.

Local cop heads to Afghanistan

Insp. Ray Robitaille will be the third CPS member and first senior officer heading for Afghan mission

KATIE TURNER
CALGARY@METRONEWS.CA

One of the Calgary Police Service's own will be deployed to a war-zone with the hopes of helping to bring stability.

Insp. Ray Robitaille said he is honoured to have been chosen to serve a nine-month stint as a senior officer in Afghanistan.

"There's a sense of duty that I have as a police officer," he said. "I firmly believe in service before self."

Robitaille said he has yet to learn the specific details of what he will be doing, but after 21 years with the CPS and five years in the military, he feels prepared.

"I believe that my career has trained me for this point in time."

Police Chief Rick Hanson said the CPS has an obligation to extend a helping hand to developing countries.

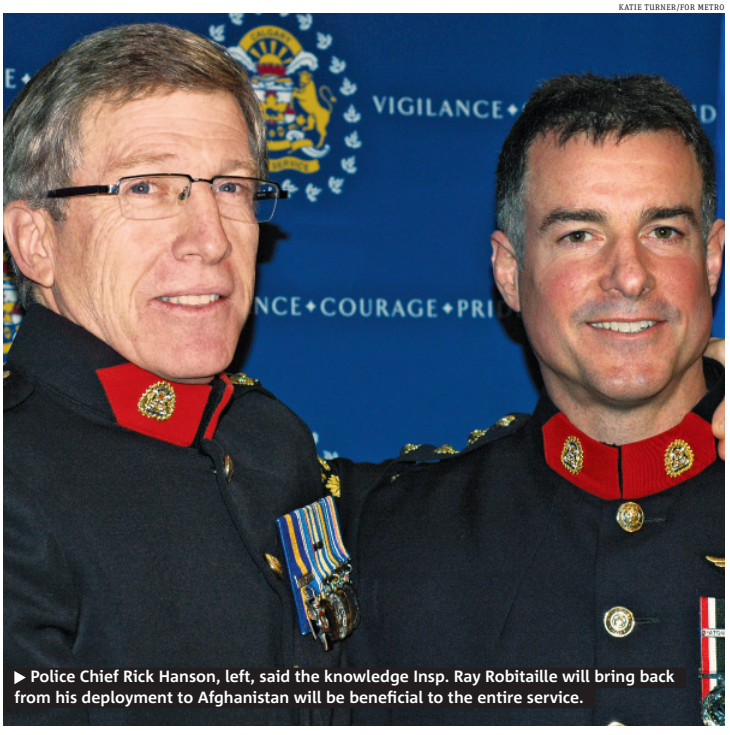
"The benefits to the service are huge," he said. "Anytime we can get members who are prepared to commit to working overseas in another country, they come back with a huge amount of knowledge," Hanson said. "I'm extremely proud that Ray stepped up to the plate."

Agreement

In March 2010, the CPS signed an agreement with the RCMP Peace Operations Branch.

▶ **Costs** The RCMP will cover the costs of Robitaille's deployment when he heads to Afghanistan later this month.

KATIE TURNER/FOR METRO



▶ Police Chief Rick Hanson, left, said the knowledge Insp. Ray Robitaille will bring back from his deployment to Afghanistan will be beneficial to the entire service.

Parents fear possible program cut

Crossroads community members are concerned over the possible closure of the English program at Mayland Heights School, which currently has both English and immersion students.

An open house on Jan. 6 will give parents the opportunity "to gather info, and express what they like or don't like about the proposal," said Ted Flitton, of the Calgary Board of Education.

52 There are fifty-two students currently enrolled in the Mayland Heights School English program.

Many parents have expressed concern.

"I am frustrated by the process," said Pam Halla. Her two daughters currently attend Mayland Heights School but a closure would force her youngest daughter to transfer to Belfast.

CAROLINA NOVOTNY

Concerns

Elementary children will have to cross two busy streets to attend Belfast.

▶ **Separation** In almost a dozen families, siblings will be sent to separate schools if the closure occurs.

News in brief

Youth calls 911 from closet

HIDING. Police say a 12-year-old hid in a closet and called 911 during a break-and-enter at their home in Dover Glen Tuesday. "Those kids deserve a lot of praise and a lot of recognition for the way they handled the situation," police said.

METRO

Schwarzenegger to visit Canada

TOUR. Fresh off ending his term as governor of California, Arnold Schwarzenegger is coming to Canada for what organizers are billing as his first public speaking engagements since leaving office. He will give speeches in many cities across the country including Calgary.

THE CANADIAN PRESS

1 news

News on the move

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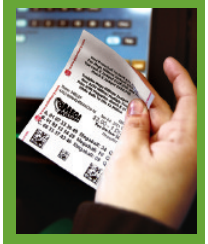

Tips for avoiding headaches and hold-ups when buying group lottery tickets. Video at metronews.ca

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ScanLife

TV meteorologist blames personal stress for false claim of Central Park attack. Scan code for story.

Listen up: Ted's 'million-dollar voice' saves him

Drugs and alcohol put him on the streets Then a top NBA team hears his message — and signs him up

With a deep, refined voice, Ted Williams simply asked for help to get him off the streets. He's been heard.

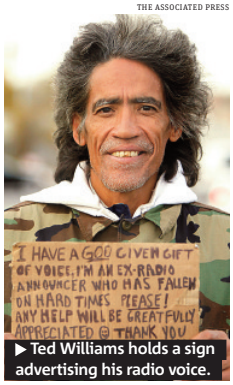
Left homeless after his life and career were ruined by drugs and alcohol, Williams has been offered a job by the NBA's Cleveland Cavaliers and is being pursued by NFL Films for possible work after he and his compelling tale became an online curiosity.

"This has been totally, totally amazing," Williams said yesterday, his voice choking with emotion.

"I'm just so thankful. God has blessed me so deeply. I'm getting a second chance. Amazing."

Williams was contacted yesterday by the Cavaliers, who have offered him a position that could include announcing work at Quicken Loans Arena, the team's downtown arena.

THE ASSOCIATED PRESS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ANNOUNCER WHO HAS FALLEN
ON HARD TIMES. PLEASE!
ANY HELP WILL BE GREATFULLY
APPRECIATED ☺ THANK YOU
▶ Ted Williams holds a sign advertising his radio voice.

Williams said the team has offered him a two-year contract and said they would pay his mortgage.

But, wait. It gets better.

Williams said the Cavaliers' offer is just one of many flooding in.

Williams, a father of nine, says he feels like Susan Boyle, the English singing sensation who became an overnight star.

"God gave me a million-dollar voice and I just hope I can do right by him."

Williams had been spotted with sign that asks motorists for help and says, "I'm an ex-radio announcer who has fallen on hard times." And in his smooth, bottomless voice he says he was drawn to radio at the age of 14.

THE ASSOCIATED PRESS

India. The big freeze

▶ Children huddle around a bonfire in Gurgaon, India, yesterday.

GURINDER OSAN/THE ASSOCIATED PRES

Brrr... It feels like Canada

Northern India is getting a taste of Canadian-style winter weather. Freezing temperatures and icy Himalayan winds have killed dozens of people in the past two weeks and forced schools to close. Authorities arranged bonfires at major road crossings, hospitals and bus and railway stations to keep people warm.

Mystery pair will share giant jackpot

At least two people will find themselves millions of dollars richer.

The holders of a ticket sold in Idaho and another in Washington state will be sharing Mega Millions' $355 million US jackpot from Tuesday night's drawing, American lottery officials said yesterday.

The prize is the fourth-largest in U.S. history and the second-largest in Mega Millions' history.

The lottery's prize of $390 million in March 2007 remains the richest on record in the United States.

THE ASSOCIATED PRESS

5

Mega Millions jackpot winners have to match five numbers plus the "Mega ball." Winning numbers were 4, 8, 15, 25 and 47, with 42 being the "Mega ball."

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Bad vibrations for Britain's 'sex-toy queen'

Nanny accused of poisoning boss's soup just to 'annoy' Tongues wagging over glamorous brunette

Jacqueline Gold brought sex toys to the British masses one set of pink furry handcuffs at a time, amassing a fortune while reinventing the family lingerie company as a female-focused brand.

But the sex-shop magnate, whose books — including an autobiography titled Good Vibrations — and business acumen made her Britain's 16th richest woman, now is in the news for another reason: her former nanny was in court yesterday, accused of spiking her boss's soup with windshield-wiper fluid, a non-poisonous substance when used in small quantities.

Allison Cox, 33, is accused of trying to poison her boss with salt on Sept. 29 and trying again with sugar on Oct. 4 before using windshield-wiper fluid on Oct 5. She was arrested the next day. The charge: three counts of administering poison with the intent to annoy.

FIONA HANSON/THE ASSOCIATED PRESS

▶ Jacqueline Gold mingles with Camilla, Duchess of Cornwall, in 2007.

The accusations came after Gold criticized her cook last fall when her soup tasted odd. The chef became suspicious and removed the leftover broth from the trash to investigate.

The seemingly made-for-TV drama of sex, money and malice has captivated tabloid watchers from Britain to New York. No possible motive for the alleged crimes against Gold has been suggested by police or prosecutors. Cox did not enter a plea yesterday and was released on bail pending a Jan. 20 hearing.

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Pot growers to pay taxes?

Canada Revenue Agency says income is taxable, whether it's legal or not

Police may turn a blind eye to the sale of unlicensed medical marijuana in British Columbia, but the tax man doesn't.

The Canada Revenue Agency came knocking on the door of the British Columbia Compassion Club in October looking for a list of its pot suppliers.

The club went to federal court asking for a judicial review of the agency demand, arguing that ill medical marijuana users would be the losers when supplies dried up because it had to give up the names.

"If the applicant is seen as a source of information for authorities, it is foreseeable that cultivators will cease to deal with the applicant," say documents filed in federal court.

"The applicant's position is that the CRA should consider the potential 'collateral damage' from its use of civil audit powers."

The Vancouver-based non-profit society supplies medical-grade marijuana to about 6,000 registered members diagnosed with everything from arthritis and glaucoma to cancer and HIV. THE CANADIAN PRESS

Technology. Revamp

▶ Richard Lawler watches 3-D HDTV using standard 3-D glasses at the press opening yesterday of the consumer electronics trade show in Las Vegas.

JULIE JACOBSON/THE ASSOCIATED PRESS

Taking TV up a notch

LG Electronics says it will sell a new type of 3-D TV this year, one that uses the light, cheap glasses used in 3-D theatres rather than the standard bulky ones used with the 3-D TVs introduced last year.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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SUN: ONE-WAY FARES FROM CALGARY, FOR TRAVEL AS INDICATED BELOW. FARES DISPLAYED DO NOT INCLUDE FUEL SURCHARGE OF UP TO $135 ONE WAY. BOOK BY JANUARY 7, 2011. *FOR DESTINATIONS IDENTIFIED WITH AN ASTERISK, BOOK BY JANUARY 13, 2011.

BERMUDA JAN. 6, 2011 – APRIL 20, 2011	NASSAU JAN. 6, 2011 – APRIL 20, 2011	MONTEGO BAY JAN. 6, 2011 – APRIL 20, 2011	GRAND CAYMAN JAN. 6, 2011 – APRIL 20, 2011	KINGSTON* JAN. 6, 2011 – FEB. 24, 2011 MARCH 21, 2011 – JUNE 15, 2011	HAVANA* JAN. 6, 2011 – FEB. 24, 2011 MARCH 21, 2011 – JUNE 15, 2011
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INTERNATIONAL: FARES ARE EACH WAY FROM CALGARY AND REQUIRE ROUND-TRIP PURCHASE. DEPARTURE DATES AS INDICATED BELOW. FARES DISPLAYED DO NOT INCLUDE FUEL SURCHARGE OF UP TO $212 EACH WAY. BOOK BY JANUARY 13, 2011.

DUBLIN LONDON HEATHROW JAN. 6, 2011 – MARCH 8, 2011 MARCH 16, 2011 – APRIL 3, 2011	BEIJING SHANGHAI JAN. 6, 2011 – JUNE 6, 2011	FRANKFURT[1] MUNICH[1] JAN. 6, 2011 – MAY 6, 2011	HONG KONG JAN. 6, 2011 – MAY 24, 2011	BUENOS AIRES SANTIAGO JAN. 13, 2011 – JUNE 15, 2011	SYDNEY, AUSTRALIA APRIL 1, 2011 – JUNE 8, 2011
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1 IN 4 COLUMNISTS RECOMMEND ...

He says ...

JOHN MAZEROLLE

I'd like to talk about something very close to my heart. Specifically, my lungs.

It's winter, which means most of you have struggled with some symptom of the season, be it the common cold, the common flu, the common fever, the common Guillain-Barré syndrome, the uncommon cold, cabin fever, swine flu, disco fever, Jersey Cold Shore, SAD (Seasonal Affective Disorder) or HAPPY (Heat-Averse Pessimistic Period — Yearly).

I haven't been sick at all, which is good news because it allows me to offer advice to the rest of you, starting with a heartfelt, "Ha ha ha ha ha HA ha." It's also good news because I generally handle colds about as well as the guy with no face or limbs in that Metallica video.

Because I want only the best for my reader(s), here's my guide to dealing with winter illness:

Q: What is the common cold?

A: It's the cold that commoners get. Royals get a different virus, which is why they always look tired and wave to crowds as if they're suffering from a degenerative muscle disease.

"Studies show that just about every purported cold remedy ... does nothing or is just a Star Trek thing."

Q: What can I do to prevent it?

A: Not much. Studies show that just about every purported cold remedy — zinc, vitamin C, hypospray — either does nothing or is just a Star Trek thing. That's why people hate colds. The best ways to ward off a cold take work — exercise, eat vegetables, drink lots of non-alcoholic drinks — and we think, "Geez, I'd rather get sick."

Q: Is there nothing we can do?

A: It's best to avoid contact of all kinds, including eye contact. And remember not to touch anything that may have been touched by another person. An elevator button, for instance, is a virus-ridden glowing circle with all the killing potential of the Hal 9000. Also, avoid "practical joke" bathrooms that have no-touch flushes, water, soap and paper towels, but require you to pull on a clammy metal handle to get out.

Q: What if human contact is necessary?

A: Fortunately, Health Canada's recommended "sleeve sneeze" acts as a warning beacon, cautioning people to stay away by making any coat you are wearing a huge wearable Kleenex with mucous in the elbow folds. But if someone extends their hand, wash it. If someone asks for a hug, run. And never have children.

Q: What are doctors saying?

A: In a recent survey of more than 200 Canadian MDs, most responded hack hack HWAAAGH ah-choo. At least that's what I think they said. It's so hard to read their handwriting.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Hexing the government

Worth mentioning

Solace for world leaders trying to enforce painful austerity measures: at least you're not running Romania. Angry witches are using cat excrement and dead dogs to cast spells on the president and government, who are forcing them to pay taxes. Also in the eye of the taxman are fortune tellers, who should have seen it coming.

And President Traian Basescu isn't laughing it off. In a country where superstition is mainstream, the president and his aides wear purple on Thursdays, supposedly to ward off evil spirits.

A dozen witches will head to the Danube to put a hex on the government today and hurl mandrake into the river "so evil will befall them," said a witch named Alisia. She identified herself with one name, as is customary among witches.

The tax on witches went into effect on Saturday as part of the government's drive to crack down on tax evasion in a country that is in recession. Like any self-employed person, they will pay 16 per cent income tax and make contributions to health and pension programs.

Magic in Romania is no laughing matter. Centuries-old superstitions are rife and are tolerated even by the Orthodox Church. THE ASSOCIATED PRESS

Double, double toil and trouble

VADIM GHIRDA/THE ASSOCIATED PRESS

How do you beat the January blahs?

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Metro Minute at Olympic Plaza

Is the art bug nibbling on your shoulder while you're stuck in the house with nothing to satisfy the craving?

If you have a minute to spare, Calgary, then head down to Olympic Plaza today for a series of events including a meeting with local artists and a tasting of fine wines.

The events start at approximately 9 p.m. and are scheduled to wrap up at about 2 a.m.

One-time opportunity, you say? Well, fret not: the event is scheduled for the first Thursday of every month, just so you can kick off the month with something fun by yourself or with friends and family.

GILBERT RUEGER

METRO FILE

▶ Olympic Plaza will host a series of events, including a meet-and-greet with local artists and wine tasting tonight.

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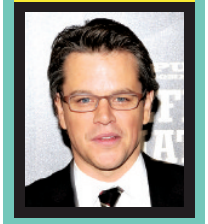
News in brief



Jason Bourne, a vampire heartthrob and an American Idol judge are going to the Golden Globes.

The Hollywood Foreign Press Association announced Tuesday on Twitter that Matt Damon, Robert Pattinson and Jennifer Lopez would present trophies at the 68th annual ceremony at the Beverly Hilton Hotel on Jan. 16. For the second year in a row, Ricky Gervais will host the event.

THE ASSOCIATED PRESS

Canadians can start sampling content from Oprah's new network starting Friday

Paltrow's pals help bring her voice out

Actress turned to Beyoncé and Faith Hill to prepare for role in Country Strong Had to win over producers who doubted her

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Famous as she may be, taking on the role of a country music superstar was more than a little daunting for Gwyneth Paltrow. But it wasn't the singing that had her worried — Paltrow has belted out a few tunes on screen previously, after all.

"I was nervous about playing somebody who was such a huge star, which is different from playing someone who, you know, has a guitar and sings or is trying to make it," she says. "My singing teacher in London worked me really hard. She was like, 'There's a big voice in there. We're going to get it out.' And I was scared of my own kind of voice."

Luckily, she had some friends with a little experience in the area. Paltrow turned to singers Beyoncé Knowles and Faith Hill for advice and guidance.

"They were both so supportive of me. They were so generous of spirit," she says. "I obsessively watched Beyoncé perform. I just wanted to get a little bit of that incredible self-belief and abandon that she has on stage."

On set, Paltrow found support in Hill, whose husband, Tim McGraw, co-starts in the film. "When I got to Nashville, Faith helped me so much," she says. "Faith said to me, '30 days before you do just start singing it. Sing it every day so you know the vocal part, it's just in your muscle memory.' I just did everything she said, and she got me through it."

As much as she looked to her diva pals, Paltrow did have a music superstar at home to turn to, but she says husband — and Coldplay front-man — Chris Martin wasn't as much help as the ladies.

"I mean, he was great," she says. "But to be totally honest, I kind of picked the brains of my girl singer friends more, because I think it's a very different thing — to be a male in a band as opposed to a lead."

If Paltrow had any doubts about pulling off playing fresh-out-of-rehab singer Kelly Canter, they were nothing compared to those of the studio. At least that's what Screen Gems head Clint Culpepper told her.

"When the script came to him I was already attached, and he's like, 'You all are crazy. She is so wrong for this part,'" Paltrow remembers.

▶ Gwyneth Paltrow stars as country singer Kelly Canter in Country Strong.

Infamous Hollywood hotel inspires Coppola

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

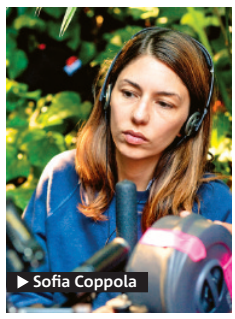
Sofia Coppola's latest film, Somewhere, follows fictional movie star Johnny Marco (played by Stephen Dorff) as he drifts drunkenly through life in a rented apartment at the infamous Chateau Marmont hotel on the Sunset Strip.

Given Coppola's Hollywood upbringing, surely Marco has a real-life counterpart — but she's not naming any names.

"I based him on people I've met and people I know and stories I've heard from the Chateau Marmont — kind of a combination of a bunch of people," Coppola says. "There's maybe a dozen people that I took pieces of. I don't want to get out-of-context and make someone feel bad. So yeah, you can imagine, right?"

One thing she didn't see coming, though, is how many friends have seen it and have assumed they are one of the dozen sources.

"It's funny, the few people that I wasn't really thinking of said, like, 'Oh, it's based on me,'" she says with a laugh. "So many actors have lived at the Chateau."



▶ Sofia Coppola

And some, like John Belushi, have died there. The hotel is steeped in Hollywood history, something Coppola knew she could only capture by shooting in the actual location.

"Luckily they let us film there," she says. "My producer said, 'OK but what's the back-up plan.' I was like, I never have a back-up plan."

In the film, Marco is suddenly faced with minding his 11-year-old daughter (Elle Fanning) after his ex-wife leaves town unexpectedly. Coppola drew on her own experiences of having a famous father for some of the story's scenarios, but she insists Somewhere is not her childhood on screen.

Add another song to her played list

Swift, famous for singing about ex's, has been dumped by Gyllenhaal

While they spent a romantic Thanksgiving together, Jake Gyllenhaal and Taylor Swift rang in the New Year separately — and apparently the new couple is no longer a couple.

"They're over," a source tells People magazine.

"It ended last month."

And according to Us Weekly, it was Gyllenhaal who initiated the split.

"He said he wasn't feeling it anymore and was uncomfortable with all the attention they got," a source says.

"He also said he could feel the age difference. Taylor is really upset. We told her not to move so fast with this but she didn't listen."

METRO

GETTY IMAGES FILE

Talking points

Aguilera gets a new ring from beau

PEOPLE Christina Aguilera reportedly celebrated her 30th birthday last month with a very special gift from new boyfriend Mattew Rutler: a ring. But sources tell People magazine that it doesn't mean the couple is taking the plunge. "It's not an engagement ring and they're not engaged," a source says. METRO

Elton John's rocket child

PEOPLE Elton John and husband David Furnish are now the proud parents of a baby boy, Zachary, born on Christmas Day by a surrogate mother, and the Rocket Man singer is reportedly the biological father, according to Popeater.

METRO

Celebrity tweets

Goldie Hawn [@goldie-hawn] Just arrived NYC! Brrrrrr. Soon off to Russia! Double Brrrrr

John Cleese [@John-Cleese] In 2011, be extra nice to people who resemble small animals

Russell Brand [@rustyrockets] 2011 is our last year before Armageddon, let's not spoil it by showing off. I nod you a merry New Year.

Elizabeth Banks [@Elizabeth-Banks] Some people treat themselves to NOBU or a juicy Peter Lugar steak. Me? I'm all about IKEA meatballs. They make me really really happy. METRO

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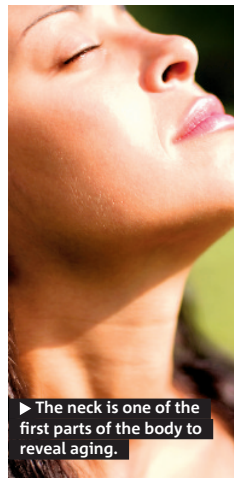
3 life

Mad for Versace

January Jones is the latest blond starlet to head up Versace's spring/summer '11 advertising campaign. Donatella Versace described Jones as "a perfect Versace woman for the 21st century … she is chic and elegant but deeply sensual too." Mario Testino's '60s inspired images capture the Mad Men actress naked but for a few artfully placed seasonal accessories.
METRO

Zac Posen forges ahead into 2011 collections with a look back at classic ones.

Three spots to target this year



▶ The neck is one of the first parts of the body to reveal aging.

▶ Slather on the moisturizer and SPF to keep your cleavage looking as good as this.

GETTY IMAGES

▶ Save your hands from spots with sunblock.

The face is an obvious point of focus ◐ However, it's important to pamper your hands, chest and neck as well ◐ Here's why

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The neck

"The neck ages much more quickly than the face and it's much harder to fix," says Dr. Doris Day, a dermatologist in New York.

That's an ominous thought. "You want to start paying attention to that area now," she says. She suggests applying a healthy amount of moisturizer, preferably with an SPF. "The good thing is that you can use most of the same products that you use on your face for this part of the body," Day says.

But if your neck is already looking less than radiant, she suggests trying the Colorscience range of SPF powder brushes.

Colorscience, colorescience.com approx. $72

The chest

During the autumn/winter runway collections, the cleavage was the star of the show. Keep your headlights bright with moisturizing creams packed with antioxidants and hydrating ingredients such as hyaluronic acid. Like the neck, the chest is another area in which problems can arise quickly. "I see a lot of women who have brown spots on the chest, broken blood vessels and saggy skin in the cleavage area," she says. If the idea of spotty, wrinkly décollatage makes the hair on your arms stand on end, take note: You can decrease your chances of getting skin damage down there with the right products and daily application. Day recommends Skin Medica's TNS Hydrating Complex, which boosts firmness and elasticity.

Skin Medica, skinmedica.com approx. $85

The hands

"Too many people over wash their hands. It's not good because it strips away the natural oils from your skin," Day says. Don't even think about washing without following up with a rich hand cream afterward, according to Day. And don't forget the all-important SPF. "Like your face, your hands are constantly exposed so you want to be sure to protect them from the sun. Even on cloudy days," she says.

A makeup makeover

Don't know where to start on the clean-the-clutter resolution for the new year?

Your cosmetics case would be good since gratification can come in minutes instead of the hours it would take to organize your closet or wade through boxes in the garage.

Linda Wells, editor-in-chief of Allure magazine, is on board. She's going to start with clumpy mascara, foundation that shows signs of separation and any perfume that's cloudy instead of clear. Then out goes the fuchsia lipstick that doesn't look good now nor when she first tried it months ago.

"If something doesn't look good today, yesterday or last year, then it's never going to look good. Give it up," Wells said.

So that you don't end up tossing expensive products because you can't finish them in time, Wells suggested buying smaller jars and bottles, even if it doesn't seem economical at first blush. But you'll pay for wearing a mascara that irritates your eyes because of bacteria, or wasting your time with skincare products that no longer have active ingredients.

Most products have a use-by date printed on them, or at least give a time table of use, indicating a product is good for six months or a year, for example, said dermatologist Dr. Neil Sadick, a clinical professor at Weill Medical College of Cornell University. It's efficacy that usually goes first, he said.

There could be a risk in bacteria, especially with direct-contact products such as lipstick and eye makeup, but he said he rarely sees an infection from skin-care products.

Wells noted, however, that performance can be adversely affected from some skin products that actually grow stronger over time, such as the acids in glycolic peels.

THE ASSOCIATED PRESS

Going back to bohemia in 2011

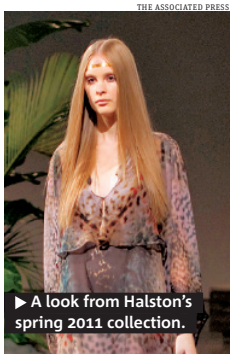
Today's most fashion-forward folk are looking backwards to the '70s

The wide-leg trousers, below-the-knee dresses and off-the-shoulder peasant tops headed our way in 2011 mark the beginning of a highly stylized trip down memory lane through the 1970s. Could an avocado kitchen be far behind?

Trend watchers find many sociological parallels between the '70s and the current climate – a time when working women were seen as coming into their own, a period of economic instability and a party-hard attitude. That, they said, could bring back more than a few trends.

People are no longer looking to revolt. They want more of a "quiet rebellion," said Marian Salzman, president of Euro RSCG Worldwide PR. That can be interpreted in a plaid lumber jacket on a city street, men's half-groomed moustaches and beards, and mashups of seemingly clashing colours.

THE ASSOCIATED PRESS



▶ A look from Halston's spring 2011 collection.

"I think there's a backlash in fashion against all the futurism and athletic references we've seen."
ANDREA PRAET

There's heritage and nationalism flowing on the runways with designers sticking to signature pieces, with Americans doing more sportswear and Italians the sexy thing, for example.

"I think there's a backlash in fashion against all the futurism and athletic references we've seen," said Andrea Praet, trend director of forecasting firm StyleSight. "Minimalistic is still important, but so is authenticity. It's about just getting out there and living."

Gucci Westman, the Revlon global artistic director, really sees power and confidence coming through, especially for women.

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Let the glittering glamour shine on

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

It's been only days since I took down the holiday ornaments, lights and tree, and I must admit that there's a rather dull vibe around the house. And this cold weather isn't making things any brighter.

Luckily, one of this year's big home decor trends is vintage shimmer and shine from the 1960s.

From glossy flooring, sequined pillows and rich satin fabrics, the house can feel like a glamourous holiday throughout all of the 2011.

Here are a few glittering trends to look out for this year.

Restoration Hardware's Aviator Wing Desk adds metallic sparkle to a room.

SHINY FLOORS

The luxe look of silk/wool area rugs add rich colour and sheen to the floor.

Deep colours of charcoal grey and chocolate brown are popular colours right now.

Other colours, such as deep purple, green or pink, could land on our floors soon.

Want ultra-cool flooring? Try leather floors for sheen and texture (check out torlys.com). Made of recycled leather, they add a sense of penthouse sophistication for around $12 per square foot.

Crate and Barrel's Sunburst Mirror mixes gold and silver.

SEQUIN AND BEADS

Although sequins may feel scratchy, no one will argue that their glitter and shine add a sense of party-glamour to a room.

A decorative sequined pillow, beaded lampshade or a drapery panel dotted with a few shiny bobbles will add whimsy and celebration to a room.

You'll find lots of inspiration by shopping in ethnic areas of town. Little India often has sari fabrics — they'll provide all the inspiration you need to get started.

Soft sheen from leather on Crate and Barrel's Delano chair.

SATINY FABRICS

The soft sheen of leather is coming back and this around leather will be in a plethora of colours. Inspired from mostly '60s style, the simple furniture shapes with fashionable coloured leather will help make a statement in the living and family room.

Leather not your style? Consider a traditional styled, button-tufted sofa upholstered in a thick satin fabric. Think Doris Day and her '60s penthouse apartment and you'll be all set for this look. Upholstering a wall in faux-leather or satin gives a luxurious hotel-look to a bedroom.

High-gloss style without the high price from Ikea.

GLOSSY FURNISHINGS

Small spaces take well to super-gloss/shiny surfaces as they help to reflect light and look airier than heavy wood.

Considering a new kitchen? Look no further than the super affordable Ikea Abstrakt cabinetry in your choice of a few eye-popping colours.

Got a heavy-looking coffee table or dresser? Top it with a piece of thick glass to help create a reflective surface and lighten the overall look. A glass-panelled backsplash is an inexpensive and chic way to update a kitchen with shine.

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Stirfries and curries are cooked in non-stop woks in front of you. The green curry ($7.99) had a delicious coconut base with soft eggplant, green pepper, onion and basil on a huge mountain of rice.

To appease a wider audience, the curries are all fairly mild, and come with an option of adding chicken, beef or shrimp.

Chicken pad mee ($8.98) was a filling plate of rice noodles stir fried with bean sprouts, green onions and a non-descript soy sauce base. Nothing to write home about, but also nothing to sneeze at considering it's still mall food.

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4 sports

Sports in brief

1 The Calgary Flames lost 3-1 to the Canucks in Vancouver last night.

2 Michigan fired football coach Rich Rodriguez, ending a disappointing three-year tenure.

3 Adrian Beltre is taking over as the everyday third baseman for the AL champion Texas Rangers.

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Gold vanishes in 20 minutes

- Russians roar back from three-goal deficit in the third to steal victory
- Canadians settle for silver at second straight world junior tournament

NATHAN DENETTE/THE CANADIAN PRESS

▶ Artemi Panarin celebrates his goal against Team Canada with teammate Denis Golubev.

A Russian team with a flair for drama took advantage of a devastating Canadian collapse and claimed the gold medal at the world junior hockey championship.

Trailing 3-0 going into the third period, Russia scored five times in the final 20 minutes in a 5-3 win over Canada that doused the energy of a full house of Maple Leaf-clad fans at HSBC Arena in Buffalo last night.

Artemi Panarin, Maxim Kitsyn and Vladimir Tarasenko struck quickly in the opening 7:29 of the period, then Panarin scored the game-winner with 4:38 left to play.

5	3
RUSSIA	CANADA

The quick goals from a highly skilled Russian squad evoked images of their late comeback wins over Finland and Sweden in their two previous games. They did it again when the gifted Tarasenko stole the puck behind the Canadian net and fed Panarin for the tournament-winning goal.

Nikita Dvurechenski ended any hope of a Canadian comeback when he beat Mark Visentin with a backhander at 18:44.

Scoring sensation Brayden Schenn, named most valuable player of the tournament, had a goal and set up another to pass Wayne Gretzky and Eric Lindros and tie the team record for points in one world junior of 18 set in 1977 by Dale McCourt.

Ryan Ellis and Carter Ashton scored in the first period for Canada, who looked to have the game safely in the bag until its monumental collapse in the third.

As the final buzzer sounded, the Russians leapt from their bench and sprawled over each other on the ice as dejected Canadians skated to the boards with their heads down.

Russia won gold for the first time since their back-to-back wins in 2002 and 2003 and for the fifth time overall.

THE CANADIAN PRESS

Alomar gets in the second time

RICK STEWART/GETTY IMAGES

After coming up painfully short in the voting a year ago, Roberto Alomar got the news he wanted to hear yesterday.

The former Toronto Blue Jays star infielder is headed to Cooperstown.

Alomar and Bert Blyleven were selected for induction into the Hall of Fame by the Baseball Writers' Association of America.

"It's been a happy day for me, for my family, for Puerto Rico and, hopefully, for the city of Toronto," Alomar said at a news conference at the Rogers Centre.

Alomar, a 12-time all-star who helped lead the Blue Jays to World Series titles in 1992 and 1993, was picked on 90 per cent of the ballots. Blyleven was listed on 79.7 per cent, just ahead of the 75 per cent needed for election.

Alomar was named on 73.7 per cent of the ballots last year in his first try. Blyleven had come even closer, missing by just five votes while getting 74.2 per cent. THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Canadians invaded the world juniors.

'It's Buffalo, Ontario,' says fan

The overwhelming presence of Canadian fans at the world junior hockey championship drew praise from local organizers and international officials yesterday.

At a news conference before the event's medal games, International Ice Hockey Federation president Rene Fasel turned to Dave Ogrean, USA Hockey's executive director, and said, "I think you can be very happy to have this championship so close to the Canadian border."

Ogrean could only smile in knowing agreement, as an ebullient mass of Canadian fans have papered over HSBC Arena in red throughout the tournament.

"A few more probably did come over the border than we had anticipated or hoped," Ogrean said.

"The enthusiasm of the fans in North America is exceptional and the enthusiasm of the fans in Canada is, quite frankly, second to none."

How dominant has their presence been?

During Monday's semifinal romp over the host United States, the Canadian fans began chanting, "This is our house!"

Organizers anticipated a total attendance exceeding 330,000, making it the second-most attended world junior championship. A record 453,282 took in the 2009 event in Ottawa.

The fans and their money have been well received in the economically depressed area, with bars and restaurants seeing dramatic increases in business. THE CANADIAN PRESS

2.8M

HSBC Arena alone sold 2.8-million ounces of beer during the first 10 days, with the total expected to top three million. Organizers said Canadians bought about two-thirds of the event's tickets.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	41	26	12	2	1	135	95	55	14-7-1-0	12-5-1-1	5-4-0-1	W1
d-Tampa Bay	41	24	12	3	2	123	130	53	12-3-1-1	12-9-2-1	7-2-1-0	L1
d-Boston	38	21	11	1	5	110	85	48	9-6-1-2	12-5-0-3	5-3-0-2	W1
Philadelphia	39	24	10	2	3	131	104	53	12-6-0-2	12-4-2-1	7-3-0-0	W1
Washington	41	23	12	3	3	120	107	52	14-4-2-3	9-8-1-0	5-2-2-1	L1
NY Rangers	41	23	15	2	1	121	104	49	10-8-1-1	13-7-1-0	6-2-1-1	W1
Atlanta	42	21	15	2	4	131	125	48	11-7-1-2	10-8-1-2	4-4-1-1	W1
Montreal	40	21	16	3	0	100	96	45	12-5-3-0	9-11-0-0	3-6-1-0	L1
Carolina	39	18	15	2	4	112	117	42	8-7-1-1	10-8-1-3	4-3-2-1	L2
Florida	37	18	17	1	1	102	95	38	8-6-1-1	10-11-0-0	4-4-1-1	W2
Buffalo	39	16	18	5	0	108	118	37	9-10-1-0	7-8-4-0	4-5-1-0	L1
Ottawa	40	16	19	4	1	90	121	37	9-11-1-1	7-8-3-0	4-4-2-0	L3
Toronto	38	14	20	2	2	90	113	32	8-10-2-1	6-10-0-1	4-6-0-0	L1
NY Islanders	37	12	19	3	3	89	120	30	7-7-1-2	5-12-2-1	7-2-0-1	W3
New Jersey	39	10	27	1	1	69	124	22	6-12-1-1	4-15-0-0	2-8-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	38	25	8	3	2	131	95	55	13-3-1-1	12-5-2-1	8-1-1-0	W6
d-Detroit	40	25	10	4	1	138	113	55	13-5-3-1	12-5-1-0	5-3-2-0	W1
d-Dallas	41	24	13	1	3	118	115	52	12-6-1-2	12-7-0-1	6-3-0-1	W2
Colorado	40	21	14	5	0	136	128	47	11-7-2-0	10-7-3-0	5-4-1-0	W1
San Jose	40	21	14	4	1	118	112	47	10-6-2-1	11-8-2-0	6-4-0-0	L1
Anaheim	42	21	17	2	2	109	119	46	13-6-0-1	8-11-2-1	6-4-0-0	W3
St. Louis	38	20	13	2	3	101	104	45	14-5-0-2	6-8-2-1	6-4-0-0	L1
Los Angeles	39	22	16	1	0	116	96	45	13-5-1-0	9-11-0-0	5-5-0-0	L4
Chicago	42	21	18	2	1	128	119	45	12-10-0-0	9-8-2-1	5-5-0-0	L1
Nashville	38	19	13	4	2	95	93	44	9-4-3-2	10-9-1-0	5-5-0-0	W2
Phoenix	39	18	13	5	3	110	115	44	8-5-2-2	10-8-3-1	4-4-0-2	W1
Minnesota	39	19	15	1	4	100	113	43	10-9-0-2	9-6-1-2	6-3-0-1	W2
Columbus	40	20	17	2	1	103	118	43	11-9-0-1	9-8-2-0	4-6-0-0	L2
Calgary	40	18	19	1	2	107	115	39	11-8-0-0	7-11-1-2	6-4-0-0	L1
Edmonton	38	12	19	1	6	98	131	31	6-11-1-2	6-8-1-3	1-7-0-2	L7

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Rangers 2 Carolina 1 (OT)
Pittsburgh 8 Tampa Bay 1
Atlanta 3 Florida 2
Dallas 4 Chicago 2
Calgary at Vancouver
Nashville at Anaheim
Tuesday's results
Detroit 5 Edmonton 3
Colorado 4 Buffalo 3 (OT)
Minnesota 2 New Jersey 1
Phoenix 4 Columbus 2
Tampa Bay 1 Washington 0 (OT)
Tonight's games
(All times Eastern)
Minnesota at Boston, 7 p.m.
St. Louis at **Toronto**, 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Pittsburgh at Montreal, 7:30 p.m.
Phoenix at Colorado, 9 p.m.
N.Y. Islanders at Edmonton, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.
Buffalo at San Jose, 10:30 p.m.

LATE TUESDAY

RED WINGS 5, OILERS 3

First Period
1. Detroit, Zetterberg 15 (Lidstrom, Miller) 3:43
2. Edmonton, Brule 5 (Reddox, Omark) 11:38
Penalty — Smid Edm (boarding) 20:00.
Second Period
3. Detroit, Bertuzzi 6 (Hudler, Filppula) 6:40
4. Detroit, Draper 3 (Helm, Rafalski) 10:43
Penalties — Abdelkader Det (hooking) 3:37, Rafalski Det (hooking) 14:39, Paajarvi Edm (holding) 17:21.
Third Period
5. Edmonton, Peckham 2 (Gagner, Hemsky) 4:54
6. Edmonton, Gagner 10 (Hemsky) 11:31
7. Detroit, Bertuzzi 7 (Kronwall, Filppula) 17:10
8. Detroit, Helm 3 (Abdelkader, Lidstrom) 17:54
Penalty — Lidstrom Det (interference) 0:20.
Shots

Detroit	11	17	9	—37
Edmonton	6	9	10	—25

Goal — Detroit: Osgood (W,5-3-2); Edmonton: Khabibulin (L,8-16-2). **Power plays (goals-chances)** — Detroit: 0-2; Edmonton: 0-3.
Referees — Greg Kimmerly, Ian Walsh. **Linesmen** — Shane Heyer, David Brisebois.
Att. — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	33	65
Stamkos, TB	31	25	56
St. Louis, TB	17	34	51
H.Sedin, Vcr	9	41	50
D.Sedin, Vcr	21	28	49
B.Richards, Dal	18	27	45
Zetterberg, Det	15	30	45
Perry, Ana	21	23	44
Eriksson, Dal	16	26	42
Kopitar, LA	15	27	42
Ovechkin, Wash	14	28	42
Sharp, Chi	23	18	41
Byfuglien, Atl	16	25	41
Duchene, Col	16	24	40
Datsyuk, Det	12	27	39
Lidstrom, Det	11	28	39
E.Staal, Car	18	20	38
Heatley, SJ	15	22	37
Getzlaf, Ana	13	24	37
M.Richards, Pha	13	24	37
Backstrom, Wash	11	26	37
P.Stastny, Col	15	21	36
Kesler, Vcr	19	16	35
Semin, Wash	18	17	35
Giroux, Pha	16	19	35
Iginla, Cal	16	19	35
Toews, Chi	16	19	35
Clowe, SJ	11	24	35
Roy, Buf	10	25	35
J.Thornton, SJ	10	25	35
Havlat, Minn	8	27	35
Selanne, Ana	10	24	34
M.Koivu, Minn	9	25	34
Enstrom, Atl	7	27	34
D.Brown, LA	16	17	33
J.Carter, Pha	16	18	33
J.Williams, LA	15	18	33
Malkin, Pgh	14	19	33
Hejduk, Col	11	22	33
Letang, Pgh	6	27	33
Nash, Clb	18	14	32
Dubinsky, NYR	16	16	32
Ladd, Atl	13	19	32
Plekanec, Mtl	12	20	32
Ribeiro, Dal	6	26	32
Franzen, Det	17	14	31
Tanguay, Cal	10	21	31
Briere, Pha	18	12	30
Marleau, SJ	15	15	30
Neal, Dal	14	16	30
Backes, StL	10	20	30

Not including last night's games

HOCKEY

IIHF WORLD JUNIOR CHAMPIONSHIP

CHAMPIONSHIP BRACKET
At Buffalo, N.Y.
Yeterday's results
Bronze Medal
U.S. 4 Sweden 1
Gold Medal
Russia 5 **Canada 3**

MEDALLISTS

2011 - Russia, Canada, U.S.
2010 - U.S., Canada, Sweden
2009 - Canada, Sweden, Russia
2008 - Canada, Sweden, Russia
2007 - Canada, Russia, U.S.
2006 - Canada, Russia, Finland

RUSSIA 5, CANADA 3

First Period
1. Canada, Ellis 3 (Schenn, de Haan) 4:50 (pp)
2. Canada, Ashton 1 (LeBlanc) 19:46
Penalty — Berdyukov Rus (hooking) 4:07.
Second Period
3. Canada, Schenn 8 (Foligno) 6:27
Penalties — Urychev Rus (interference) 3:28, Voronin Rus (high-sticking) 7:47, Gudbranson Cda (boarding) 10:33, Golubev Rus (slashing) 13:51, Canada bench (too many men; served by Foligno) 18:46.
Third Period
4. Russia, Panarin 2 (Golubev, Berezin) 2:33
5. Russia, Kitsyn 5 (Kuznetsov, Kalinin) 2:46
6. Russia, Tarasenko 4 (Kuznetsov) 7:29
7. Russia, Panarin 3 (Tarasenko, Golubev) 15:22
8. Russia, Dvurechenski 3 (Kuznetsov) 18:44
Penalties — None.
Shots

Canada	14	15	9	38
Russia	8	9	10	27

Goal (shots-saves) — Canada: Visentin (L,3-1); Russia: Shikin (18-15), Bobkov (W,1-1)(6:27 second, 20-20). **Power plays (goals-chances)** — Canada: 1-4; Russia 0-2.
Referees — Martin Frano, Keith Kaval. **Linesmen** — Johnathan Morrison, Felix Winnekens.
Attendance — N.A. at Buffalo

IIHF WOMEN'S WORLD UNDER-18 CHAMPIONSHIP

At Stockholm
All times Eastern
CHAMPIONSHIP BRACKET
Yesterday's results
Quarter-finals
Czech Republic 3 Germany 1
Finland 3 Sweden 2 (OT)
Tomorrow's games
Fifth Place
Germany vs. Sweden, 6 a.m.
Semifinals
Canada vs. Finland, 9:30 a.m.
U.S. vs. Czech Republic, 1 p.m.

IIHF WORLD UNDER-17 CHALLENGE

Tuesday's results
At Winnipeg
Bronze Medal
Pacific 5 Quebec 4 (OT)
Gold Medal
Ontario 5 U.S. 3

NFL

WILD-CARD PLAYOFFS

(All times Eastern)
Saturday's games
NFC
New Orleans at Seattle, 4:30 p.m.
AFC
N.Y. Jets at Indianapolis, 8 p.m.
Sunday's games
AFC
Baltimore at Kansas City, 1 p.m.
NFC
Green Bay at Philadelphia, 4:30 p.m.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
BALTIMORE ORIOLES—Agreed to terms with INF Cesar Izturis on a one-year contract.
BOSTON RED SOX—Claimed C Max Ramirez off waivers from Texas. Designated RHP Matt Fox for assignment.
CLEVELAND INDIANS—Agreed to terms with RHP Doug Mathis on a minor league contract.
NEW YORK YANKEES—Claimed RHP Brian Schlitter off waivers from Chicago (NL).
OAKLAND ATHLETICS—Named Rick Magnante manager, Casey Myers hitting coach, John Wasdin pitching coach and Travis Tims athletic trainer for Vermont (N.Y.-Penn). Named Mike Henriques minor league strength and conditioning coordinator and Phil Mastro Dominican minor league trainer.
TEXAS RANGERS—Agreed to terms with 3B Adrian Beltre on a six-year contract.
TORONTO BLUE JAYS—Claimed LHP Wilfredo Ledezma off waivers from Pittsburgh.
NATIONAL LEAGUE
MILWAUKEE BREWERS—Agreed to terms with RHP Takashi Saito on a one-year contract.

BASKETBALL

NBA

ATLANTA HAWKS—Waived G-F Damien Wilkins.
GOLDEN STATE WARRIORS—Announced the resignation of athletic trainer Tom Abdenour to take a similar position at San Diego State.
TORONTO RAPTORS—Waived F Ronald Dupree.
WASHINGTON WIZARDS—Waived G Lester Hudson.

FOOTBALL

NFL

DENVER BRONCOS—Named John Elway executive vice president of football operations. Promoted chief operating officer Joe Ellis team president.
GREEN BAY PACKERS—Signed LB Desmond Bishop to a four-year contract extension.
KANSAS CITY CHIEFS—Signed WR Kevin Curtis. Placed DB Donald Washington on injured reserve. Signed TE Cody Slate to the practice squad.
HOUSTON TEXANS—Named Wade Phillips defensive coordinator.
NEW ENGLAND PATRIOTS—Signed LB Marques Murrell.
NEW ORLEANS—Placed RB Pierre Thomason injured reserve. Signed RB Joique Bell from the Philadelphia practice squad.
OAKLAND RAIDERS—Signed WR Damola Adeniji, WR Shaun Bodiford, TE Kevin Brock, G Alex Parsons, CB Joe Porter, FB Manase Tonga to reserve/future contracts.
SAN FRANCISCO 49ers—Named Trent Baalke general manager. Signed G Nick Howell, WR Kevin Jurovich, WR Lance Long, RB Xavier Omon and K Fabrizio Scaccia to reserve/future contracts.
SEATTLE SEAHAWKS—Placed TE Chris Baker and G Chester Pitts on injured reserve. Placed RB Chris Henry on practice squad/injured reserve. Released LB Vuna Tuihalamaka from the practice squad. Signed RB Andre Anderson and TE Nick Tow-Arnett to the practice squad.

HOCKEY

NHL

ATLANTA THRASHERS—Placed F Ben Eager on injured reserve, retroactive to Dec. 28.

AHL

BRIDGEPORT SOUND TIGERS—Signed G Joel Martin.
GRAND RAPIDS GRIFFINS—Signed RW Adam Keefe.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	27	7	.794	—
d-Miami	28	9	.757	½
d-Chicago	23	11	.676	4
Orlando	23	12	.657	4½
Atlanta	24	14	.632	5
New York	20	14	.588	7
Indiana	14	18	.438	12
Philadelphia	14	21	.400	13½
Milwaukee	13	20	.394	13½
Charlotte	12	21	.364	14½
Toronto	12	23	.343	15½
Detroit	11	24	.314	16½
New Jersey	10	25	.286	17½
Washington	8	25	.242	18½
Cleveland	8	27	.229	19½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	6	.829	—
Dallas	26	8	.765	2½
d-L.A. Lakers	24	11	.686	5
d-Utah	24	12	.667	5½
Oklahoma City	23	13	.639	6½
Denver	20	13	.606	8
New Orleans	21	15	.583	8½
Portland	19	17	.528	10½
Houston	16	19	.457	13
Memphis	16	19	.457	13
Phoenix	14	18	.438	13½
Golden State	14	21	.400	15
L.A. Clippers	10	24	.294	18½
Minnesota	9	27	.250	20½
Sacramento	7	25	.219	20½

d-division leader

Last night's results
Toronto 120 Cleveland 105
New Jersey 96 Chicago 94
Orlando 97 Milwaukee 87
Philadelphia 109 Washington 97
Boston 105 San Antonio 103
Charlotte 108 Minnesota 105 (OT)
Golden State 110 New Orleans 103
Portland 103 Houston 100
Atlanta at Utah
Denver at L.A. Clippers
L.A. Lakers at Phoenix
Tuesday's results
Miami 101 Milwaukee 89
New York 128 San Antonio 115
Chicago 111 Toronto 91
Memphis 110 Oklahoma City 105
Dallas 84 Portland 81
Atlanta 108 Sacramento 102
L.A. Lakers 108 Detroit 83
Tonight's games
(All times Eastern)
Oklahoma City at Dallas, 8 p.m.
Denver at Sacramento, 10:30 p.m.

RAPTORS 120, CAVS 105

TORONTO (120)
Johnson 6-9 0-1 12, Kleiza 1-4 0-0 3, Bargnani 10-20 2-2 25, Calderon 8-10 1-1 20, DeRozan 6-15 1-1 13, Barbosa 8-17 4-5 22, Davis 3-3 2-3 8, Wright 7-9 1-1 15, Dorsey 1-1 0-0 2, Alabi 0-0 0-0 0. Totals 50-88 11-16 120.
CLEVELAND (105)
Gee 2-4 4-5 9, Jamison 11-21 5-7 32, Varejao 1-4 2-2 4, Williams 5-11 0-0 11, Gibson 5-11 1-2 13, Eyenga 7-10 1-1 16, Sessions 2-4 12-12 16, Powe 1-1 1-2 3, Hollins 0-1 1-2 1, Harris 0-0 0-0 0. Totals 34-67 27-33 105.

Toronto	26	40	24	30	120
Cleveland	38	25	21	21	105

3-Point Goals—Toronto 9-18 (Calderon 3-3, Bargnani 3-6, Barbosa 2-8, Kleiza 1-1), Cleveland 10-19 (Jamison 5-7, Gibson 2-4, Gee 1-1, Williams 1-3, Eyenga 1-4). Fouled Out—None. Rebounds—Toronto 44 (Wright 9), Cleveland 38 (Varejao 8). Assists—Toronto 35 (Calderon 17), Cleveland 28 (Williams 9). Total Fouls—Toronto 26, Cleveland 21. Technicals—Varejao. A—20,562 (20,562) at Cleveland.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	32	294	250	892	27.9
Stoudemire, NYK	34	340	213	899	26.4
Ellis, GOL	34	323	157	859	25.3
Bryant, LAL	35	306	222	881	25.2
Wade, MIA	35	301	242	875	25.0
James, MIA	37	311	248	918	24.8
Nowitzki, DAL	29	260	153	700	24.1

Not including last night's games

MLB

BASEBALL HALL OF FAME INDUCTIONS BY YEAR

At Cooperstown, N.Y.
Players inductions by year into the National Baseball Hall of Fame (BBWAA: Elected by the Baseball Writers Association of America; VC: Elected by the Veterans Committee; NL: Elected by the Veterans Committee based on Negro league career; SCNL: Elected by the special committee on the Negro Leagues and the Pre-Negro League):
2011 - BBWAA: Roberto Alomar, Bert Blyleven. VC: Pat Gillick.
2010 - BBWAA: Andre Dawson. VC: Whitey Herzog, Doug Harvey.
2009 - BBWAA: Rickey Henderson, Jim Rice. VC: Joe Gordon.
2008 - BBWAA: Goose Gossage. VC: Barney Dreyfuss, Bowie Kuhn, Walter O'Malley, Billy Southworth, Dick Williams.
2007 - BBWAA: Tony Gwynn, Cal Ripken, Jr.
2006 - BBWAA: Bruce Sutter. SCNL: Ray Brown, Willard Brown, Andy Cooper, Frank Grant, Pete Hill, Biz Mackey, Effa Manley, Jose Mendez, Alex Pompez, Cum Posey, Louis Santop, Mule Suttles, Ben Taylor, Cristobal Torriente, Sol White, J.L. Wilkinson, Jud Wilson.
2005 - BBWAA: Wade Boggs, Ryne Sandberg.

FOOTBALL

NCAA

BOWL GAMES

(All times Eastern)
Tonight's game
GODADDY.COM BOWL
At Mobile, Ala.
Miami (Ohio) (9-4) vs. Middle Tennessee (6-6), 8 p.m.
Tomorrow's game
COTTON BOWL
At Arlington, Texas
Texas A&M (9-3) vs. Louisiana State (10-2), 8 p.m.
Saturday's game
BBVA COMPASS BOWL
At Birmingham, Ala.
Pittsburgh (7-5) vs. Kentucky (6-6), Noon
Sunday's game
FIGHT HUNGER BOWL
At San Francisco
Boston College (7-5) vs. Nevada (12-1), 9 p.m.
Monday's game
BCS NATIONAL CHAMPIONSHIP
At Glendale, Ariz.
Auburn (13-0) vs. Oregon (12-0), 8:30 p.m.
Saturday, Jan. 22
At Orlando, Fla.
East-West Shrine Classic, 4 p.m.
Saturday, Jan. 29
At Mobile, Ala.
Senior Bowl, 4 p.m.,

SOCCER

ENGLAND

PREMIER LEAGUE

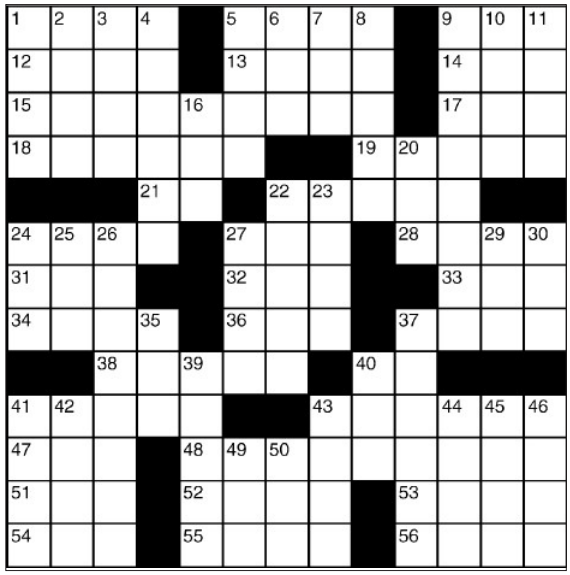
Arsenal 0 Manchester City 0
Aston Villa 0 Sunderland 1
Blackburn 3 Liverpool 1
Bolton 1 Wigan 1
Everton 2 Tottenham 1
Newcastle 5 West Ham 0
Wolverhampton 1 Chelsea 0

SPAIN

COPA DEL REY

Second leg Round of 16
Yesterday's results
Malaga 0, Sevilla 3 (Sevilla advances 8-3 on aggregate)
Deportivo La Coruna 3, Cordoba 1 (Deportivo advances 4-2 on aggregate)
Athletic Bilbao 1, Barcelona 1 (1-1 aggregate; Barcelona advances 1-0 on away goal)

Crossword



Across

1 Capri, e.g.
5 Simon or McCartney
9 Moving vehicle
12 Practice pugilism
13 News, for short
14 Praise in verse
15 What the "food pyramid" involves
17 Smoked salmon
18 Pact
19 Be
21 Denial
22 Deserve
24 Street
27 Scatter seed
28 Passport endorsement
31 Upper limb
32 Color
33 Lord's Prayer start
34 "Dragnet" star
36 Bobble
37 Heal, as a fracture
38 Hawkeye
40 3.1416
41 "Teflon Don" John
43 Breathing woe
47 — Baba
48 Hell
51 Resume
52 Sea bird
53 Formerly, formerly
54 Trinity member
55 Campus VIP
56 Untouchable Eliot

Down

1 "— It Romantic?"
2 Boot attachment
3 Tardy
4 Gofer's job
5 Compassion
6 Blackbird
7 Venusian vessel?
8 Hermit
9 Free will
10 Commotions
11 On deck
16 Judge Lance
20 Louis —
22 Grieve
23 Basin accessory
24 Uncultured
25 Tramcar contents
26 Drive
27 Mets' old home
29 — generis
30 Illustrations
35 Automaton, for short
37 Tiny tom?
39 Used a paper towel
40 Omega preceder
41 Won't shut up
42 Hodgepodge
43 Mideast gulf
44 Take on
45 Peat source
46 Picnic invaders
49 Before
50 Genetic stuff

▶ Friday's answer

Sudoku

					8	9		
			7	3		2		
1	2	8				5		
4			6		3		5	
	3						7	
	5		8		2			9
		4				6	2	3
		1		5	9			
		3	4					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

8	3	1	9	2	6	7	5	4
7	4	2	5	1	8	6	9	3
5	9	6	7	3	4	1	8	2
4	5	7	2	6	1	9	3	8
6	2	8	4	9	3	5	7	1
3	1	9	8	5	7	2	4	6
2	7	3	1	4	5	8	6	9
1	8	4	6	7	9	3	2	5
9	6	5	3	8	2	4	1	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To Mr.. Panda
We have our ups and downs, but you are still the one I want to snuggle with every night. You are still the one I think is the handsomest of all the Pandas. You are still my soft breeze on a summers day. You are still the secret smile on my lips. I love you forever and a day. **SOON TO BE MRS.. PANDA**

My Dear Mamusik and my lovely sister Lucy, Happy New Year!!! Wish You lots of love, health and happiness!!! May all your dreams come true!!! Love you both! **ME :)**

My Princess, you make me so happy! I love going to bed beside you, and waking up next to you. Can't wait to be your wife. Forebber Love,
-YOUR ONE XO

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -8° Max -1°	Min -8° Max -1°	Min -4° Max -1°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

Aries March 21-April 20 This is a key time for career issues, so decide what it is you want to accomplish, make plans that will take you from where you are now to where you want to be, then get going.

Taurus April 21-May 21 You have enough on your plate as it is at the moment, so don't agree to do even more, not even for those you love. You may have more stamina than most signs but you have limits too.

Gemini May 22-June 21 Someone is trying to make you feel guilty about something that was not your fault – well, not entirely your fault. They will only succeed if you admit responsibility, so deny everything.

Cancer June 22-July 22 The more time you spend trying to work out what might go wrong the less time you'll have to enjoy all the things that are so obviously going right. Worry

Leo July 23-Aug.23 You must make a serious effort today to catch up on the backlog of jobs you never quite got around to finishing, but should have.

Virgo Aug. 24- Sept. 22 You may be eager to experience new things, thanks to the Sun and Mars in the most dynamic area of your chart, but in some areas it might be wiser to play safe today. On the work front, especially, don't go to extremes.

Libra Sept. 23-Oct. 23 Let friends and family members know what it is you desire because the planets indicate you might get lucky today.

Scorpio Oct. 24-Nov. 22 Are you totally committed to whatever it is you are working on? If not the results could be disappointing, both for you and for those who support you

Sagittarius Nov. 23-Dec. 21 It's great that you are so enthusiastic but energy, like everything else, is a commodity that has a finite supply, so don't overdo it.

Capricorn Dec. 22-Jan. 20 You cannot possibly be on good terms with everyone and there is no need to blame yourself if you fall out with a work colleague or business associate today.

Aquarius Jan. 21-Feb. 18 Someone you trust will offer you advice today and you would be wise to listen, even if it is not what you want to hear. That applies to all areas but in particular to the world of ideas.

Pisces Feb. 19-March 20 Get tough with someone who is giving you a hard time. You may be a nice guy by nature but you don't have to put up with this sort of nonsense.
SALLY BROMPTON

Caption contest

MATT DUNHAM/ THE ASSOCIATED PRESS

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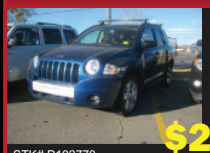

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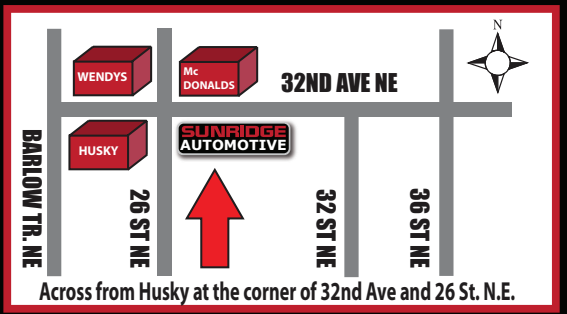

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- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called **Neuro-Decompression.** This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually **long lasting. Referrals come from surgeons, medical doctors, and other health care professionals across the country,** but referral is not required (you can contact us directly). **Neuro-Decompression** is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

To determine if you are a candidate for treatments:

Schedule a complimentary consultation and bring your X-Rays, MRI Reports and/or CT Scans, as they may be conclusive. Diagnostic tests may be performed if you do not already have these reports.

The CDPC Treatment System is comprised of the following three phases:

Phase 1: Vertebral Decompression

Vertebral Decompression involves the use of a specially designed table attached to an advanced bio-feedback computer module. During the consultation and examination, specific parameters for each patient are factored into developing a customized treatment plan, consisting of the number of sessions required and their frequency. The computerized medical device allows the table to pull and decompress regions of the spine by making slight mechanical changes in a comfortable way. Most patients find the treatment extremely relaxing and choose to listen to music or read magazines during the treatment.

Phase 2: Oxygen Enhancement

This phase of the treatment system offers certain candidate patients the unique combination of inhaling oxygen during the treatments. The basis of this phase is to relax the patient and expedite the healing of affected joints and discs. Oxygen provides relief from stiffness caused by a build-up of lactic acid in the muscles and serves as a transport medium for vital nutrients and minerals to the discs.

Phase 3: Neuro-Nutrition

During the third phase of the treatment, patients are given a premium blend of an herbal pain reliever developed by CDPC. Patients are also given a nutritional detoxification drink to supply their body with an extensive palette of nutrients, proteins and minerals which will play a major role in the repair of the damaged joints and discs.

Frequently Asked Questions

What conditions is the system used for?
This system is excellent for any type of neurological condition, or disc and joint problem. Neck and Back Pain problems are the most commonly treated symptoms.

Is the treatment affordable?
Complimentary consultations are available and so are treatment subsidies to seniors. Eligible patients may obtain subsidies if facing financial difficulties. If you have been involved in a car accident or workplace injury, you may be eligible to receive treatment funding from your auto insurance company or employer.

Are the benefits to this treatment long-term?
Patients who strictly follow our treatment regimen enjoy long term benefits. The purpose of this procedure is to "counter" the damage incurred through aging or trauma to the discs and joints.

Read what some of our former patients have said about the treatments at CDPC

Testimonials

"I am back to working as though I was 30 again. My son and I took a racing trip to Kentucky, driving a 70ft RIG (Motor-home and trailer). On the way home, I had a tire failure that required extreme lifting and torquing. Although exhausted physically, my neck and spine passed with flying colours. My son and I had to push a weight of 500lbs on highway to get back home. When I got home my wife was waiting anxiously, thinking that my pinched nerve would be back again. To her astonishment, I was feeling great! THANK YOU CDPC!" **- Mr. & Mrs. Ollie S., Calgary**

"Teaching Grade 4 can be hard on your back and feet. I had been going to physio, chiro for the last 5 years with no results. When I read about this new treatment, I brought my mother and came in for consultation. Both of us are taking these treatments and I have been able to work in my garden and am looking forward to another school year without dreading the pain. THANK YOU CDPC!" **- Athena M., Calgary**

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